

**CLAIMS**

1. Method for providing a heat treated filled and closed can, comprising the consecutive steps of:
- 5       - filling a metal cup,  
      - closing the metal cup with a lid making a gas tight heat treatable can,  
      - heat treating the can,
- wherein measures are taken to achieve an under-pressure in the can after closing the cup **characterised in that** the can is of a flexible type.
- 10       2. Method according to claim 1 wherein the can is closed with a lid of the easy pull off seal on type adhered by a sealant to the metal cup.
3. Method according to claim 1 or 2 wherein a can is chosen that has a flexibility of
- 15       more than or equal to 25.
4. Method according to any of the claims 1-3 wherein a can is chosen that has a flexibility of more than or equal to 35.
- 20       5. Method according to any of the claims 1-4 wherein a can is chosen that is of a flexible type capable of surviving a volume reduction of more than 7.5%, preferably more than 10% or even 15% without collapsing.
6. Method according to any of the claims 1-5 wherein a cup is chosen that
- 25       comprises an essentially flat wall panel.
7. Method for providing a heat treated filled and closed can, comprising the consecutive steps of:
- 30       - filling a metal cup,  
      - closing the metal cup with a lid making a gas tight heat treatable can,  
      - heat treating the can,
- wherein measures are taken to achieve an under-pressure in the can after closing the cup **characterised in that** the can is of a rigid type and that the can comprises a lid of the easy pull off type adhered to the metal cup.
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